

# HEINZ

## Salad Recipes



*Enjoy your Salad Days*

# HEINZ

## BOOK OF

### FRUIT-WITH-VEGETABLE

# SALADS



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# ENJOY YOUR SALAD DAYS IN MODERN WAYS!

**F**RUIT-WITH-VEGETABLE Salads served with Heinz Salad Cream are definitely the 1933 vogue.

Their delightful flavours—their audacious union of the unexpected—their colourful harmonies—their value to health, complexions and good looks—all these things and more combine to make them appeal irresistibly to the modern housewife.

And they are so simple and inexpensive to prepare. Witness the recipes in this little book—recipes compiled by one of the leading cookery experts of the day, and suggestive to the imaginative hostess of many more.

Too much stress, however, cannot be laid on the importance of using the right dressing. Nothing can improve upon the original Heinz Salad Cream—made by Heinz of London.

The new-laid eggs, rich cream and pure olive oil from which Heinz Salad Cream is made, combine with these fashionable fruit-with-vegetable salads to form a perfect food.

And HEINZ SALAD CREAM has just that delicious suggestion of “tang” that fruit-with-vegetable salads demand.

**Enjoy your Salad Days—These Modern Ways**

## **HEINZ** *Pear & Green Pea Hors-d'oeuvres*



### ***Ingredients***

Firm Ripe Pears (one for each person). Cooked Green Peas. A little Pimento or Tomato. Heinz Salad Cream. Foliage.

### ***Instructions***

Take out the core of the pear, working from the stalk end and taking care not to let the knife go through the other end. Peel the pear, cut a small slice off the top and then cut very carefully down the sides and hollow out a little of the centre so that the pear takes as nearly as possible the shape of a tulip.

Mix the pulp taken out of the pear with the green peas and chopped tomato (chopped cooked beans and diced carrots may be included if liked), and the Heinz Salad Cream.

Fill the pears with the mixture and arrange them on a little foliage on small plates, one for each person, and serve very cold.





***Ingredients***

1 Grapefruit. 2 Oranges. 2 Pears.  
1 Green Pepper or Cucumber  
Rind. Batavia or Lettuce. Heinz  
Salad Cream or Heinz Mayonnaise.

***Instructions***

Peel the grapefruit and oranges as if they were apples and separate into sections. Peel the pears and cut into pieces as nearly the same size and shape as the oranges and grapefruit.

Slice the green pepper very thinly (if this is unobtainable, very finely cut rind of cucumber may be used instead). Arrange the lettuce or batavia on a dish (preferably oblong or oval), arrange the fruit alternately the length of this.

Place a shaving of green pepper or cucumber rind between each section of fruit to outline the division. Serve Heinz Salad Cream or Heinz Mayonnaise separately.

***Ingredients***

3 large Oranges (for 6 people).  
1 Grapefruit. 1 cupful Tinned  
Pineapple.  $\frac{1}{4}$  cupful Castor Sugar.  
Maraschino Cherries. Heinz  
Salad Cream or Heinz Mayonnaise.

***Instructions***

Peel the grapefruit, remove all membrane and cut in smallish pieces.

Cut the oranges in half and scoop out the pulp carefully, cut in as neat pieces as possible.

Mix this with the grapefruit, sprinkle with sugar and a little of the fruit juice. Chill.

Put the fruit in the orange cups, add Heinz Salad Cream or Heinz Mayonnaise and decorate with two or three cherries.





## *Ingredients*

$\frac{3}{4}$  cupful Grapefruit Juice.  $\frac{1}{3}$  cupful Water.  
 $\frac{1}{3}$  cupful Sugar. 2 tablespoons Cold Water.  
 $1\frac{1}{2}$  tablespoons Gelatine. 1 Cream  
Cheese. Salt and Pepper. A little Cream  
or Condensed Milk. A little Onion  
Juice. Lettuce. Chopped Nuts. 1 table-  
spoon Lemon Juice. Heinz Salad Cream.

## *Instructions*

Boil the sugar with the two tablespoons of water for a few minutes. Dissolve the gelatine in the rest of the water, add this to the syrup, cool a little and add the grapefruit juice and a pinch of salt. Strain into a mould rinsed with cold water. Mix the cheese with the cream or milk, onion juice, lemon juice, salt and pepper, making a mixture soft enough to pipe through a forcing bag. Turn out the jelly when cold and set, place it on well washed and dried lettuce leaves. Pipe the cheese mixture round the mould, sprinkle chopped nuts on top and hand Heinz Salad Cream separately.

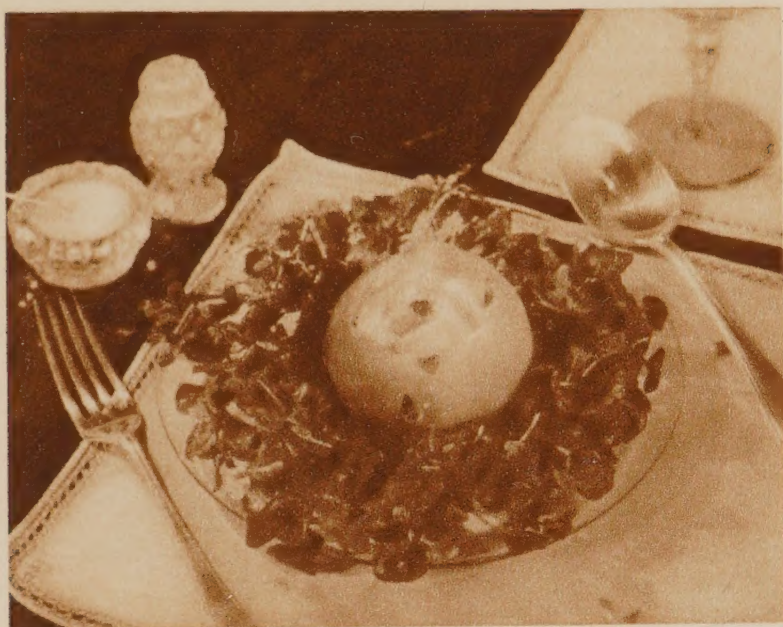
***Ingredients***

White Cabbage Heart. Slices of Pineapple (tinned ones will do very well). Oranges. Heinz Salad Cream.

***Instructions***

Wash the cabbage, remove the outer leaves, put the heart in a saucepan, cover with cold water, bring to the boil, drain thoroughly and shred very finely. Cut the pineapple into dice. Cut the oranges in half and scoop out the pulp. Mix the cabbage, pineapple and orange with Heinz Salad Cream, pile on a dish, pour a little more Salad Cream over, and decorate with cherries, flowers, or leaves.





***Ingredients***

Red Apples. White Grapes.  
Salted Almonds. Watercress.  
Heinz Salad Cream.

***Instructions***

Skin and seed the grapes.

Cut a piece off the top of each apple. Remove core and pips. Carefully scoop out some of the pulp; chop this and mix with the salted almonds the grapes, a few of the washed and dried watercress leaves and Heinz Salad Cream. Fill the apples with the mixture.

Arrange a nest of watercress on each salad plate and place a filled apple on top.

***Ingredients***

2 Oranges. Cucumber. Chopped  
Nuts. Heinz Salad Cream.

***Instructions***

Peel most of the cucumber, soak it for an hour in cold salted water and cut it into thin slices. Peel the oranges, divide into sections, and remove all the skin and pips. Arrange on a shallow dish or on attractive saucers and cover the centre with Heinz Salad Cream. Decorate with chopped nuts and wafer-thin slices of unpeeled cucumber.





***Ingredients***

Aspic jelly. Asparagus. White  
Grapes. Heinz Salad Cream.

***Instructions***

Cook the asparagus in the usual way and let it get cold. Fill a border mould with aspic jelly and place the best asparagus heads upside down in this, so that when the mould is turned out they will be standing up.

Let it get very cold.

Chop the rest of the asparagus, skin and seed the grapes, and mix both thoroughly with Heinz Salad Cream. Turn out the mould and fill the centre with the mixed salad.



**Ingredients**  
Red Apples.  
C r e a m —  
Cheese. Wal-  
nuts or Pecan  
Nuts. Let-  
tuce. Heinz  
Salad Cream.

### **Instructions**

Wash, polish, and core the apples, but do not peel them. Cut them across into slices a quarter of an inch thick.

Rub the cheese to a still softer cream with a wooden spoon, chop the nuts, mix these with the cheese and plenty of Heinz Salad Cream, and place a layer of the mixture between each slice of apple.

Arrange the apples on individual plates and add a little shredded lettuce or other green for decoration.





***Ingredients***

1½ cupfuls  
Celery. One  
cupful Cran-  
berries. Half  
cupful shelled  
Walnuts. 3 or  
4 ozs. Sugar.  
Lettuce.  
Heinz  
Salad Cream.

***Instructions***

Shred the celery in 2-inch lengths and let it stand in ice cold water for two hours to curl.

Prick the cranberries.

Boil the sugar in just enough water to cover the cranberries, add the fruit and cook very gently till tender but not broken.

Chop the walnuts coarsely.

Arrange the lettuce in a salad bowl, pile the celery on top, stud with the cranberries, and sprinkle with the chopped walnuts.

***Ingredients***

1 cupful of Seeded or Seedless Raisins. 1 Sliced Banana.  $\frac{1}{2}$  cupful Chopped Celery. 1 Orange. 1 cupful of Apples cut into Dice. Lettuce. Heinz Salad Cream.

***Instructions***

Peel the orange, remove the pips and cut the flesh into rounds and then into thin strips. Mix all the fruit and celery together lightly with Heinz Salad Cream. Wash and dry the lettuce, arrange in a salad bowl or on individual plates, and place the fruit mixture on top.



## *Cherry, Lettuce and Walnut Salad* **HEINZ**



### *Ingredients*

Ripe Cherries. Lettuce Hearts.  
Chopped Walnuts. Crystallised  
Ginger. Heinz Salad Cream.  
Sprigs of Watercress.

### *Instructions*

Stone the cherries.

Wash the lettuce, separate the leaves, dry them in a clean cloth or salad basket and arrange on salad plates. Mix the cherries and chopped walnuts with the Salad Cream and arrange on the lettuce leaves.

Sprinkle with a very little very finely chopped crystallised ginger, and decorate with watercress.

***Ingredients***

1½ cupfuls Diced Apples.  
1½ cupfuls Chopped Celery.  
1½ teaspoonfuls Chopped Mint.  
¼ teaspoonful Salt. Lettuce or  
Batavia. Heinz Salad Cream.

***Instructions***

Mix the apple, celery and salt with enough Heinz Salad Cream to bind them together. Arrange on crisp lettuce or batavia leaves, sprinkle with chopped mint and serve with extra Heinz Salad Cream.





### *Ingredients*

1½ cupfuls Cooked Shrimps. 1½  
cupfuls Diced Pineapple. Salt.  
Paprika. Lettuce Leaves. Heinz  
Stuffed Olives. Heinz Salad  
Cream or Heinz Mayonnaise.

### *Instructions*

Cut up the pineapple (well drained if it comes out of a tin) and mix it with the shrimps, salt, paprika and Heinz Salad Cream or Heinz Mayonnaise. Arrange on lettuce leaves and decorate with stuffed olives.



**Ingredients**  
Grapefruit.  
Lettuce.  
Heinz  
Salad Cream.

### **Instructions**

Wash the lettuce thoroughly. Divide the leaves and reserve the best and crispest for the salad. Peel the grapefruit like an orange, removing all white pith. Remove pips and "quarter" keeping each section as a whole.

Dry the lettuce and arrange on the salad plates. Arrange the pieces of grapefruit like the petals of a daisy on the lettuce.

Put a teaspoonful of grated cheese or shelled walnuts in the centre to carry out the idea of a flower, and serve with Heinz Salad Cream.





***Ingredients***

Heartsof Let-  
tuce. Cherry  
Tomatoes.  
Oranges.  
Heinz  
Salad Cream.

***Instructions***

Crisp the hearts of lettuce in cold water, shake them well and remove some of the centre leaves. Wash and dry the cherry tomatoes, divide the oranges into sections and remove the pips. Mix equal quantities of orange sections and cherry tomatoes with a little Heinz Salad Cream. Fill the hearts of lettuce with the mixture, pour salad cream over the oranges and tomatoes, and serve on individual plates. A radish cut like a rose and allowed to get crisp in icy cold water adds a good note of decoration.

**HEINZ**

*Grapefruit, Pineapple, Banana  
and White Grape Salad*



***Ingredients***

Equal quantities of Grapefruit Pulp. Cubes of Pineapple (fresh or tinned). Peeled and Sliced Bananas. Skinned and Seeded Grapes. Heinz Salad Cream.

***Instructions***

Prepare all the fruit, taking great care to remove all skin and pips.

Mix thoroughly with Heinz Salad Cream and place in glasses or grapefruit cups.

This salad may be decorated with a few whole grapes or a spray of crystallised leaves.





***Ingredients***

Any and as many as possible of the following:—Young Carrots and Turnips. Chopped Onions or Spring Onions. Green Peas. Cucumber. Radishes. Watercress. Tomatoes. Lettuce. White Cabbage Heart. Celery is an excellent addition when in season, and Apple is always a good thing to include.

***Instructions***

Wash and prepare all the vegetables very carefully. Cut them into very small pieces. (When carrots and turnips are no longer young and tender they may be grated.)

Mix thoroughly with Heinz Salad Cream.

Put into one large or several small bowls, and sprinkle with chopped parsley, or paprika or sieved yolk of egg.

## **The Guarantee**

The merchant is authorised to refund the full purchase price if any of the 57 Varieties fail to please. That is the Heinz Guarantee, which applies to all the 57 Varieties.

## **More of the 57**

HEINZ MAYONNAISE.

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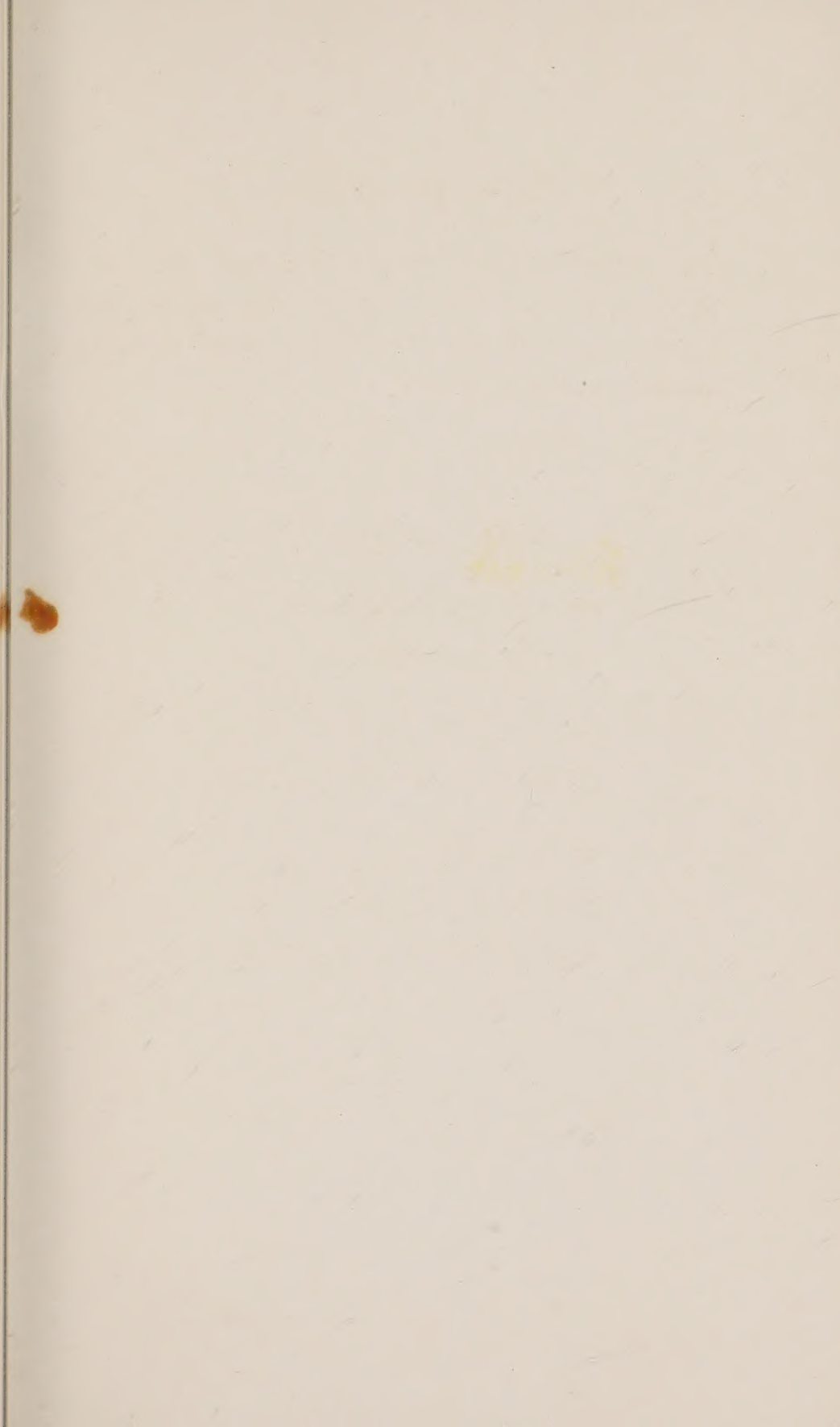
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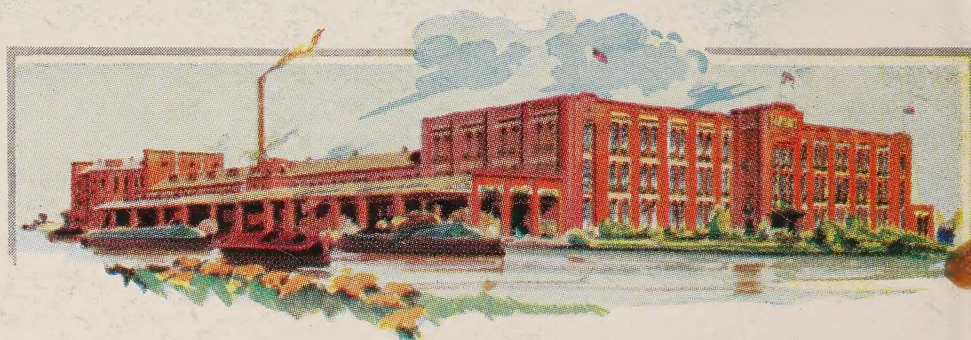
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HEINZ



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